

What should I do to get ready for back to school?

Summer is quickly coming to an end and the school supply lists have been mailed. Some parents will wait to the last moment to prepare their children for the school year, but a little planning in advance can make this a smooth transition. Parents are encouraged to visit their children's school and familiarize themselves with school procedures and their children's teachers before the beginning of the term. If parents are aware that their children may need additional educational services, this would be a good opportunity to ask questions and coordinate these efforts with the school administration.

Children should begin a new bedtime routine at least a week in advance to get used to going to bed and waking up earlier. A good night's sleep keeps your children in better health and they'll be rested and ready to learn at the start of their school day. Parents should speak with their children about where the bus stop is and how they are expected to behave while waiting for the bus and during their ride to and from school.

Typically, family routines will change with the start of the school year. It is recommended that parents hold a family meeting to discuss these changes. This is a perfect opportunity to go over rules about homework, school activity schedules, as well as before and after school routines. Getting into the groove a little earlier will prove beneficial and ensure a good start to the new school year.